

**Drop-in Program**  
**Monday to Friday**  
**9:00 am - 3:00 pm**

# MARCH 2023

**5596 Morris St. Halifax**  
**902-421-6131 spencerhouse.ca**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 10:30 Fun Fit with Meg</p> <p>11:00 Member's Meeting</p> <p>1:00 Wii Bowling</p>	<p>7 10:00 Coffee &amp; Conversation</p> <p>1:00 Bingo</p> <p>*please register by 12:45</p>	<p>8 Foot Care Clinic 9-4</p> <p>10:00 Student Day</p> <p>1:00 Crafting with Joy</p>	<p>9 10:00 Coffee &amp; Conversation</p> <p>1:00 Annual General Meeting</p>	<p>10 10:00 Weekend Food Pack Prep</p> <p>1:00 Friday Funday Karaoke &amp; Happy Hour!</p>
<p>13 10:30 Fun Fit with Meg</p> <p>1:00 Laughter Exercise</p>	<p>14 10:00 Coffee &amp; Conversation</p> <p>1:00 Bingo</p> <p>*please register by 12:45</p>	<p>15 Tax Clinic 9-3</p> <p>Produce Market</p> <p>10:00 Tech Help with Jeff</p> <p>10:00 Student Day</p> <p>1:00 Irish Line Dancing!</p>	<p>16 10:30 Chair Dancing</p> <p>1:00 Crib Club &amp; Games Afternoon</p> <p>1:00 Two Houses Theatre</p>	<p>17 <u>Saint Patrick's Day</u></p> <p>12:00 Lunch</p> <p>*By ticket only*</p> <p>1:00 Irish Music</p>
<p>20 10:30 Fun Fit with Meg</p> <p>1:00 Pharmacy Compliance Presentation</p>	<p>21 10:00 Coffee &amp; Conversation</p> <p>1:00 Bingo</p> <p>*please register by 12:45</p>	<p>22 10:00 Student Day</p> <p>1:00 Oral Health Presentation</p>	<p>23 10:30 Chair Dancing</p> <p>1:00 Crib Club &amp; Games Afternoon</p> <p>1:00 Two Houses Theatre</p>	<p>24 10:00 Weekend Food Pack Prep</p> <p>1:00 Friday Funday Trivia &amp; Happy Hour!</p>
<p>27 10:30 Fun Fit with Meg</p> <p>1:00 Laughter Exercise</p>	<p>28 10:00 Coffee &amp; Conversation</p> <p>1:00 Bingo</p> <p>*please register by 12:45</p>	<p>29 Produce Market</p> <p>10:00 Tech Help with Jeff</p> <p>10:30 Book Club</p> <p>1:00 Crafting with Joy</p>	<p>30 10:30 Chair Dancing</p> <p>12:30 Birthday Bash!</p> <p>1:00 Crib Club &amp; Games Afternoon</p> <p>1:00 Two Houses Theatre</p>	<p>31 10:30 Show &amp; Tell!</p> <p>1:00 Friday Funday Karaoke &amp; Happy Hour!</p>

The Berkeley Breakfast  
 served Monday to Friday 9-10AM  
 Selection of fruit, berries, yogurt, smoothies, pastry

**Lunch served Monday to Friday 12:00 noon**  
**Members \$7 Non-members \$10**  
**\*\*Includes tea/coffee & dessert!**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 9-10AM Breakfast  Shepherd's Pie Dinner Rolls	7 9-10AM Breakfast  Hot Chicken Sandwich Mashed Potatoes & Veggies	8 9-10AM Breakfast  Cabbage Rolls Caesar Salad Garlic Bread	9 9-10AM Breakfast Community Luncheon Soup & Rolls **Must register at Reception in advance** 1:00 AGM	10 9-10AM Breakfast  Pulled Pork Mashed Potatoes & Veggies
13 9-10AM Breakfast  Chunky Chicken Stew Garden Salad Homemade Biscuits	14 9-10AM Breakfast  Salisbury Steak Mashed Potatoes Veggies	15 9-10AM Breakfast  Baked Ham Scalloped Potatoes & Veggies	16 9-10AM Breakfast  Breaded Fish Baked Potatoes Coleslaw	17 9-10AM Breakfast <u>St. Patrick's Day Lunch</u> *By ticket only* Available at Reception & Resource Desk
20 9-10AM Breakfast  Chicken Stir Fry Basmati Rice	21 9-10AM Breakfast  Meat Lasagna Garden Salad Garlic Bread	22 9-10AM Breakfast  Cod Cakes Homemade Bakes Beans Dinner Rolls	23 9-10AM Breakfast  Maritime Goulash Garden Salad Garlic Bread	24 9-10AM Breakfast  Homestyle Meatloaf Mashed Potatoes & Veggies
27 9-10AM Breakfast  Spaghetti & Meat Sauce Garlic Bread	28 9-10AM Breakfast  Roasted Chicken Mashed Potatoes & Veggies	29 9-10AM Breakfast  Lemon Dill Baked Haddock Rice Pilaf & Veggies	30 9-10AM Breakfast  Beef Stew Homemade Biscuits  12:30 Birthday Bash!	31 9-10AM Breakfast  Pork Chops Mashed Potatoes & Veggies

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